# \* DAILY MAGAZINE PAGE FOR EVERYBODY\*

## The Daily Editorial For Women

THE PROPERTY AND AND ADDRESS OF THE PARTY AND

The Better Babies Contest. By BETH JEFFRIES.

Every eligible buby in Washington should be entered in the second annual Better Bables' Contest which begins on Monday, and continues until January 11. Although contests of this sort are a great help to young and inexperienced other of the somewhat lean pocketbook, does not hold that they are entirely without benefit to the mother of plenti-

figbies are just babies the world over, and whether or not father happens to be somebody" makes no difference at all in this case. For the mother who is rather in straightened circumstances, but and is aspiring and who sees the community benefit at the back of the Better Eables' Contest, through a course of proper training and feeding, is just as apt as not to prove her child far superor to the child whose parents are 'Some-

After all, isn't being "somebody" in this country largely a matter having a good clear brain, mental and physical poise, and a constitution which will stand the test of what ever career one chooses How is your baby equipped for the fight? Aside from a certain amount required for regular, good, and nourishing fred, money makes no difference to the haby. It is all in the attention The mother who knows how can make her eaby perfect by training or imperfect inrough lack of it no matter what her station in life.

'My baby is better than any one's clee baby." babbles the fond parent. Here's a chance to prove it. If your baby is below the average, new is the time to and it out my conparison, and make him a better baby ly next year.

All the advantages of comparison in a big family and none of the divad-vantages. If nothing more or less than curiosity tempts, and there is an ab-solute tack of the knowledge of the national welfare involved, enter your maby just the same, for winatever the cause, the result will be good. The contest is held under the auspices

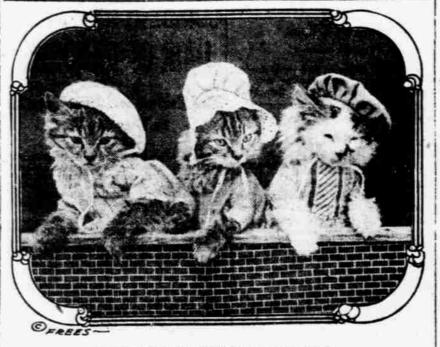
of the Washington Diet Kitchen As-sociation. Babies may be entered at any of the six kitchen's stations be-tween two and four o'clock on Mon-days. Examinations will be made Jan-

days. Examinations will be made January H to 16, and the prizes will be awarded January 20.

Do you believe in public schools, in allowing children to compete in any way during public school life?

Then you can have no consistent objections toward entering your baby in this first and best contest of life. This is perhaps the only fair chance he will ever get, to prove his three verner intermed and unconditioned. Give him nampered and unconditioned. Give him

## TIMES BEDTIME STORY



#### THE KITTY W HO BRAGGED.

HREE of the Tabby children, with their bonnets on, stood on a big box and looked over the warden wall which ran along at the back of the Tabby house. Tom had on a white sunbennet, Teddy had on a straw hat which tied under his chin, and Tessie were a round cloth cap. Like any other children, they bragged sometimes, and right at this moment they were saying that they were able to do almost anything. "I once fell out of the second-story window and landed right on my toes," declared Tom.

"Oh, that's nothing," laughed Ted Once when I was in the world with human beings, some BOYS threw me out of a tall tree, and I fell down and down and down and turned over in three someranults

before I finally lit on my feet?"

Tessie had said nothing, but she sniffed a little as she opened her mouth to speak. "Well, you boys may be able to drop and land on your feet, and turn somersaults and such things as you go down, but I can dance on narrow places—I can and never fall off at all." The two boys looked at her and laughed. "You can't dance and neither can we," they both said at

once "Cats can't dance!" They laughed so hard that they nearly fell off the box, but Tessie tossed her head angrily.

"You two boys make me sick."

She took off her hat as she spoke and laid it carefully on the top of the garden wall. "You brag and the garden wall. you say you can do. Now, I will dance on the top of this narrow wall, and prove what I said."
"Well if I had a window here this minute I'd show you," began Tom.
"If I were in a tail tree I'd show you tee," added Teddy lamely. Tessie laughed at both of them, and they even had to laugh at themselves. Vell neither one of you have proved anything to me, and until you do I will think that I am braver than you

Sie climbes up on the wall, the kit-ties drew back for her to pass, and she marched gally up and down. "Now for the dancing," she said ofter she had walked up an down twice. Klitties in skirts cannot do much in the way of running and jumping and climbing any more than real children can, but Tessle thought that as long as she was a klitty cat real children can, but Tessle thought that as long as she was a kittly cat

she should be expert at walking a garder wall. She began to twist her feet and to really dance. She even surprised herself, and as she was having such success she grew more and more careless. There you are," she shouted as she jumped up in the air with both jest. But she had jumped once too often, and instead of coming down on the garden wall, she jumped up and came down—not on the ground as you might supposed, but right on the heads of the other two kitties!

With a crash and a bang, and meows of fear they all three tumbled down from their boxes and rolled together in a heap of paws and caps and clothing.

Aug when they picked themselves If and as she was having such suc-

and clothing.

And when they picked themselves up? They didn't say a word, but they straightened out their clothes, and rut on their bonnets, and made for home as fast as they could, de'ermined never, never to brag again. The solid ground was good enough for them?

# The Matron Steals Innocent Why Some Silly Habits White From the Debutante Are Really Your Masters

Youthful Matrons May Wear Snowy White This Season, Making Them Indistinguishable From the Debutantes. Even the Materials, Style. and Embellishments Are Thoroughly Girlish-No Jewels At All Are Worn.

Fashion has put her sanction on the all-white evening frock for the young matron as well as for the debutante. White is youthful and unsophisticated and daring designs can be created for it.

This charming frock is for a young matron, is made of white crepe de chine with draped satin bodice, and has shoulder straps of white ribbon.

The bodice is simply folded white satin swathed about the bust, far above the hip line. It is held up by means of two narrow satin ribbons run over each shoulder.

While there are six ruffles on the skirt, there is no doubt but that the number can be regulated according to the height and weight of the wearer.

One should not fail to notice that in every instance the hair is dressed in an old-fashioned manner, thoroughly in accord with the spirit of the whole costume.

The shoes, too; are perfectly plain, and even the stockings are

#### A. B., M. A., M. D. (Johns Hopkins) RUEL word that one, "perseveration." It is a condition, however, and not a theory. Most persons know perseveration when they see it or hear it. Sad to tell, they have not been taught the name. The persistent repetition or continuation of some kind or other of useless activity, after all call for the action has ceased, is called "a perseverative tendency" or perseveration. Dr. Wil liam Silliman Foster, of Clark University, has devoted especial attention to this condition. Every idea or thought you possess has a tendency to make itself "felt" or known. In most instances you are able to suppress this and push the image or thought into its proper place. If, however, too much attention is given to any idea, its tendency to assert itself becomes as much of a pest as the so-called precocious youngsters, who should be seen DR. HIRSHDERG and not heard. With perseverance and repetition an obnoxious child or som other "butinsky," such as a "perseverant idea," may so besiege you that when other reflections, memories or ideas are the sand and whistling jigs to a mileof relatively no importance, persistence, stone or strength, the "perseverant" idea bobs

up serenely to your dismay and cha-Thus, Miss Gertrude W-, who is an aerophagic, or air-swallower, constantly belches-voluntarily, of course-after she has unconsciously swallowed a gulp of air. She says: "Excuse me" each time she belches. This has been going on for fifteen years now. She is not on for fifteen years now. She is not aware that she says "Excuse me," or that she gulps down air and then belches of her own accord. My friend, Dupert Hughes, thus named his farce after he heard Miss W—'s "excuse me" for the nth time the first day he saw her.

Miss W—'s trouble is an extreme instance of triple perseveration. She is

Miss W—'s trouble is an extreme in-stance of triple perseveration. She is not a lunatic. She is not mentally or physically ill. She has no nervous all-ment. She is only afflicted with a triple entente, "perseveration."

entente, "perseverations and thoughts many ideas, actions and thoughts boomerang into consciousness. An old song with stupid phrases and plebeian melody, uninteresting people, unpleasant occurrences and especially the same against everybody's will

ant occurrences and especially the same mistakes constantly recur.

This helps to explain why most people persevere and persist in perpetuating the mistakes and deficient knowledge with which they started out in life. Old nurses use the discarded and useless methods of their badly taught childhood. Doctors, bankers, soldiers, merchants, lawyers, pedagogues, magazine editors and others do the same.

When you see a popular speaker zine editors and others do the same.

When you see a popular speaker fumble the button of his waistooat as he delivers a fervid oration, ten chances to one if you were disposed to do evil you could have prevented his speech by cutting off all the buttons. His association of finger fumbling, speechmaking, and flights of fervor are associations mixed with a perseverative tenciations mixed with a perseverative ten-

So-called fixed ideas or obsessions are So-called fixed ideas or obsessions are not perseverative unless they manifest themselves in some way. Mr. H— is a victim of pereseveration.

He has, of course, been called a "neurasthenic," a lunatic, a "psychaesthenic," a crank, an imaginative fellow full of "nerves," and all of the other makeshift terms that try to effect flank

crack or car track he stoops down and picks up a pebble or stick if one is present. This perseverative tendency is now, since its mental mechanism has air, the meat, milk, and eggs, the been held up to the light, in a fair way cold shower or wash in the morning.

be effected by driving back where it betion of inappropriate and uselss habits. pabulum, fresh air, at The girl with the air-swallowing. Work as much and the belching, vocal "excuse me" will be of-doors as possible. "Women's Lot in War Worse Than Men's"

Men's"

CHICAGO, Dec 4 - Declaring that the whole force of woman's influence would be against war and pleading that woman be allowed to re-enforce the peace movement, Mrs. Pethick-Lawrence, of this paper on medical must be allowed to re-enforce the peace movement, Mrs. Pethick-Lawrence, of this paper on medical must be beling, vocal "excuse me" will be out upon the high road of improvement if she begins to educate her thoughts simultaneously with her muscles. The particular kind of education is not material. It should, however, have to do with the development of broad and use treaties by the people affected and that women shall participate in The Hague conferences.

Dr. Hirshberg will answer quastions for readers of this paper on medical with the development of broad and use treaties by the people affected and that women shall participate in The Hague conferences.

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**Ouestions** 

Tom J.-i. How can I strengthen my eyes without the use of glasses?

2. Am nervous. Whenever any starts to talk to me I am struck dumb with embarrassment.

1. There is no way by which you can strengthen your eyes except to wear glasses. These can be made with perfect cosmetic symmetry.

2. You may overcome this kind of embarrassment by mixing with persons in public places, such as church. Sunday public places, such as church. Sunday school, dances, parks and theater and boldly sailing in and talking to them. Study psychology, in some public library, and begin to work over a method of gaining control of your will. Do not allow your "self." your own individuality, to crowd itself upon your consciousness. Forget yourself and the embarrassment will disappear.

R. O. F .- I. What is to be done for blackheads.

2. What will make eyebrows grow?

 Eschew all soap and hot water.
 Take powdered sulphur and camphor water and make an emulsion of it. Use a chamois skin to work this into the

blackheads. Then remove them with a rough Turkish cloth. 2. Massage oil of theobromine in which there are two grains of resorcin to the ounce into the eyebrows.

ONE WHO WOULD LIKE TO KNOW-Would you kindly give me some advice as to what to do for little sparks that come in front of my eyes? My sight otherwise is very good. Go to an eye specialist and have your eyes examined.

Reader-After you have gained thirty nakeshift terms that try to effect flank pounds at a sanstorium and are said to be O. K. from tuberculosis, what is the best home treatment to stay Every time he crossed a long crevice. cured? Live at home just as you did at the

sanatorium. Do not change the ex-cellent outdoor habits, the fresh night the sunlight of the high noon.
The secret of the cure in tubers is gain in weight from plenty of sun-light, with nutritious, fatts, meety pabulum, fresh air, and proper exercise. Work as much and walk as much out-

# Stoke Up

Author of "The New Housekeeping"

Your Engine

about to order a supply of winter coal. It may be store, or various other kinds, but we are wisely preparing a supply for our heating system, whatever it is. The colder the weather, the more snapping the wind, the more coal our furnace or boller will use to give out the same amount of heat. just so we must prepare for the stoking of our bodles-those engines than which no other are more complicated, more perfect, or more easy to operate. Here we are, a frame of bone, muscle,

lood. We have a definite body temperature to mainain if the heart beating the lungs to breathe, and our muscles to act normally. The colder the atmos-phere surround-ing us, the hard-er ft is to maintain this body

temperature. We must indeed burn more fuel in our body engine to keep us warm.

know that different kinds of foods have different properties. The important group which makes the sest coal is the group of fats. This ncludes butter, lard, olive and other vegetable oils, the fats from meats and verious vegetable fats which are used as shortening. All fats can be burned directly in the body, and their burning causes

Another group which causes a quantity of heat is sugar—the starch group. We can take a few starch group. We can take a lew ounces of sugar into the body and immediately notice the stimulat-ing and heating result. Other starches changed by the body into sugar likewise furnish heat Our diet then, in winter, must include many dishes which are fatty or sugary, or both.
For the same reason that wat hes

rich puddings and heavy meats are undesirable in summer, they are the very foods which we should include in a winter diet. Fried croquetter, fried cakes (if well prepared), all kinds of scalloped dishes, roasted and brited foods, yield quantities of heat and thus energy. The example of the flading and other northern iber who are able to resist the exthe right of super series of the control of the winter and the greatthe quantity of Jaygen we can
me the larger the amount of fatnat we need. Especially for growthat we need. Especially for ter children who play outdo rical deal do we need to feed suffi-iens far foods to make them resist the cold. Cocoo and chocolate, preerably as a drink, are excellen heat-ing foods. So is the neglected corn-meal which can be served as an Indian pudding or as a simple cereal.
Oatmeal too-the kind commonly called Irish or pinhead, has a high content of fat, and is one of the

heat coreals for winter use.

When people complain that they are cold, something is wrong with their diet. More exercise, more fat foods, "stoking up" their body engine will enable them to resist low

## Advice to Girls

I am lonesome for a real nice young lady companion. I am a steady member of the Anglican Church and have recently joined the

Y. M. C. A., and am trying to lead g good. Christian life. I find great

bad habits, and am nineteen years old. Please tell me what I can do to become acquainted and have something to talk about.

to faint with loy at the very sight of

You're only nincteen years old, yo

have a good position, you enjoy your

work, you seem a decent sort of chap,

Of course, you do, and you ought to

have one, too. What's more, you will

have one just as soon as you stop

Don't think so much about ourself, when you are in company or when

Think about other people once in

while. Be sorry for them. They're

probably having just as bad a time try-

ing to think of something to say to you as you are trying to think of some-

have anything more to do with him.

Anxious Betty-I'm afraid that you

engaged to a man you have no right to keep him from going with other girls. These desperate lovers aren't always

M. B.—if the boy's friends aren't in "your class," probably he isn't either. Remember that if you start going places

with him you cannot discriminate against meeting his friends by that excuse. It is really ar insult to him. Since this is your attitude I cannot see that you would get any pleasure by rerewing your account to him up while he is at took and do not the trees.

to rocat him at his place

sincere, you know.

and now you want a sweetheart.

th nking so much about it.

ou're alone, either.

ELL, Harold, what did you

think would happen when

you came to town? Did you

expect some beautiful maiden

HAROLD.

when in c

been in the city for a short have hardly met anyone. I hold a splendid position (steady), have no

By Annie Laurie

May H.—If the young man makes another engagement with you explain the stuation to him. Tell him you cannot give up your evenings to him if he does not keep his appointments. not keep his appointments.

the young man knows that you are call clubs to be coming he will probably ask to take dull evenings.

M. L. C.-Your friends ship may be stationed at a place that is difficult to reach by mail. His letters may have

ployment when work is over for the some astray or yours may never have

week send her name and address to thi Anxious Heien-If your chum has not said that the girls were to come with process I do not see why you should become to going to the party alone. If the young man knows that you are the young man knows that you are

### Peter's Adventures in Matrimony By LEONA DALRYMPLE.

Author of the new novel, "Diane of the Green Van." awarded a prize of \$10.960 by I'm M. Tarbell and S. S. McClure as fodges.

ADVISING MR. PENFIELD. WAS soon to learn my father-in-law's then grayish hair in the town she's lived

"Peter," he said, "I honestly feel soso sensitive when anybody glances at foot down about that hair, and tell Mrs.

so sensitive when anybody glances at foot down about that hair, and tell Mrs. Molly's hair that I flush and turn away."

Why don't you talk about the things that interest you, or about the things that you think would interest the other people."

Be natural and simple, and goodnatured and unaffected, and you'll find plenty-of friends among the girls. See if you don't.

Patient—Your serious illness may have had something to do with your fiance's behavior, though it should make no different when anybody glances at foot down about that hair, and tell Mrs. Molly's hair that I flush and turn away."

Molly's hair that I flush and turn away."

"Of course you would," I agreed. The mighty sorry she was foolish enough to have it done."

"You're not half so sorry as I am,"

"You're not hal

Patient—Your serious illness may have had something to do with your flance's behavior, though it should make no difference to him if he really cares for you. It is especially hard for both of you that your marriage has been delayed so often. Is it not possible that your apparent desire to keep him from calling upon you the other evening, and your friendship with the other man this summer may have something to do with his present attitude? Why not be frank with him for heard of you account of your flances? Sureally you would be hampler if you knew the truth, even though it may be hard to locar at first. Since your present to locar at first since thought shed fallen down to marry unless you are entirely cured, why not be frank with him, tell him so, and see if his love will stand the test.

then, by George, we did have a row. Darthy-Give up your acquaintance with the married man, until he is divorced, at least. I realize that he has just cause for a legal separation, but until it is decreed, he is still a husband, and should not he seen with women other than his wife. If you feel that the married way realey don't I don't often quarrel with Molly. Likely I don't put my foot down often enough, but that night we certainly did have a time of it. And then she up and said she'd done it to surprise and please me, and after that—oh—well—what's the What can a mere man answer to he other man treats you rudely, don't that"

"But," I ventured, "are you going to et her keep her hair that color?" Mr. Penfield looked very uncomforare assuming that the young man in-tends to marry you when he seems to have no such intention. Until you are "I do "The Lord only knows," he grouned.

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movement, Mrs. Pethlek-Lawrence, of London, spoke here at the Fortnightly understand Molly, anyway. How in the Club rooms under the auspices of the world, after having had dark hair, and Chicago Equal Suffrage Association.

"This war has exploded once and for attitude toward his wife's bleached in all her life can she expect to get all the theory that women are the pro-hair. hair.

I met him one night when I was walking home, and somehow we drifted very quickly to the subject. Presumably it was much upon his mind, and he is to speak of it.

away with that lemon-colored hair she has now I don't know."

"Once," I reminded, "when I was first married, you told me to put my foot down and keep a tight rein on the purse strings, didn't you?"

"Yes," said my father-in-law. face with starvation."

Mrs. Pethick-Lawrence declared that in the making of treaties after war the point of view of women had never been expressed. "It is vital," she said, "that it should be expressed at the present moment. It is essential that the women's movement, shall help to formulate en's movement shall help to formulate public opinion; shall help to find expres-sion for the new spirit that is in the world today."
Among the things advocated by the

# CASTORIA

Grocers'

& Mkt.

Stands

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